



Fig-Pecan Macaroons



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



36 kcal

DESSERT

Ingredients



0.3 teaspoon cream of tartar



2 large egg whites



0.8 cup mission figs dried black finely chopped (8)



1 teaspoon ground cinnamon



2 teaspoons lemon rind grated



1 cup pecans chopped



1.8 cups powdered sugar divided



1 Dash salt

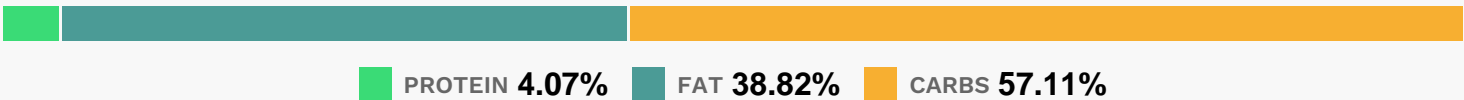
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 30
- ☐ Combine pecans and cinnamon in a food processor; process until finely ground.
- ☐ Add rind; process until blended.
- ☐ Place cream of tartar, salt, and egg whites in a large bowl; beat with a mixer at medium speed until foamy. Increase speed to high, and beat until stiff peaks form.
- ☐ Place 2 tablespoons sugar in a small bowl. Gradually add remaining sugar to egg mixture; beat at low speed until blended. Fold in pecan mixture.
- ☐ Add figs to reserved sugar, tossing to coat; fold fig mixture into egg mixture.
- ☐ Cover 2 baking sheets with parchment paper. Drop egg mixture by rounded teaspoonfuls 1 inch apart on prepared baking sheets.
- ☐ Bake at 300 for 20 minutes or until bottom edges are lightly browned.
- ☐ Place pans on wire racks; cool completely.

Nutrition Facts



Properties

Glycemic Index:1.58, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:0.73999999674118%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 36.34kcal (1.82%), Fat: 1.65g (2.54%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 5.1g (1.86%), Sugar: 4.99g (5.54%), Cholesterol: 0mg (0%), Sodium: 3.23mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Manganese: 0.11mg (5.73%), Copper: 0.03mg (1.54%), Fiber: 0.36g (1.42%), Vitamin B1: 0.02mg (1.15%)